

ROCKVILLE SWIM AND FITNESS CENTER

2012 Post Summer Swim Schedule

September 4 until it's too cold

POOLS

	<u>North Pool</u>	<u>Fitness Pool</u>	<u>South Pool</u>
Monday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm <i>(ramp area not available until 5:15 pm)</i>	6:00 – 8:15 am <i>(6:00-6:20, 3 lanes only)</i> 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:00 am 2:00 – 3:00 pm
Tuesday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm <i>(ramp area not available until 6:15 pm)</i>	7:30 – 8:15 am 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:30 am
Wednesday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm <i>(ramp area not available until 5:15 pm)</i>	6:00 – 8:15 am <i>(6:00-6:20, 3 lanes only)</i> 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:00 am 2:00 – 3:00 pm
Thursday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm <i>(ramp area not available until 6:15 pm)</i>	7:30 – 8:15 am 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 10:00 am
Friday	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm <i>(ramp area not available until 5:15 pm)</i>	6:00 – 8:15 am <i>(6:00-6:20, 3 lanes only)</i> 12:00 – 3:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:00 am
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	12:00 – 6:00 pm	11:00 – 12:00 noon
Sunday	11:00 – 9:00 pm <i>(ramp area not available until 1:00 pm)</i>	12:00 – 6:00 pm	Closed

Fitness Room, Saunas, and Spa Hours

Monday through Saturday: 6:00 a.m. – 9:00 p.m.
Sunday: 9:00 a.m. – 9:00 p.m.

Please note: The spa is closed to all children (17 and Under) during swimming lessons.